

# Windward Island Itineraries Aboard Star of the Sea



# Sailing St. Vincent and the Grenadines

Imagine an island chain in the heart of the Caribbean Sea untouched by mass tourism with white sand beaches, cascading water falls, clusters of uninhabited islands, and sapphire-blue water lapping against the shore. This is St. Vincent and the Grenadines. The 32 – island archipelago stretching between St. Lucia and Grenada is truly paradise on earth.

Chartering Star of the Sea in St. Vincent and the Grenadines is to experience the Caribbean as it once was. Step back in time on the island of Bequia, known for its rich history in boat building, sailing, and one of the few communities that still legally practice whaling. Visit the star studded island of Mustique where guests can glimpse the lifestyle of the rich, royal, and famous as they pass sprawling houses and villas of A-list celebrities. Snorkel the Tobago Cays and hitch a ride with a friendly turtle, then scale the highest point in the Cays to soak up the turquoise splendor and make friends with the resident albino iguanas. Itching for some adventure? Why not try kite surfing in Union Island? Or play a round of golf at one of the Caribbean's most scenic golf courses in Canouan. Wherever you're interests and curiosities lie, the Grenadines has plenty to offer.

With easy day sails and unique charm, St. Vincent and the Grenadines remains one of the world's ultimate cruising destinations. Please keep in mind that these are all *suggested* routes. Our Captain will be more than happy to tailor the itinerary according to your wishes and sailing conditions. So sit back, relax, and discover the true gem of the Caribbean – we'll take care of everything else.



Map by Scott Jessop

# Proposed 3-Day Itinerary

## Day 1: St. Vincent (Young Island)

You can fly directly from the US or Canada to St. Vincent's Argyle International Airport. Alternatively, you can fly directly to St. Lucia or Barbados and connect to St. Vincent. Star of the Sea will be waiting for you at anchor outside Young Island, a private island located 15 minutes from the airport. After getting settled aboard Star of the Sea, you can visit local bars in the surrounding bay or the bar on Young Island if you wish. If time permits, you'll have the option to hike to the top of Fort Duvernette, a 195 foot fort constructed during the colonial era to defend the small town of Calliaqua.

## Day 2: Mustique & Tobago Cays

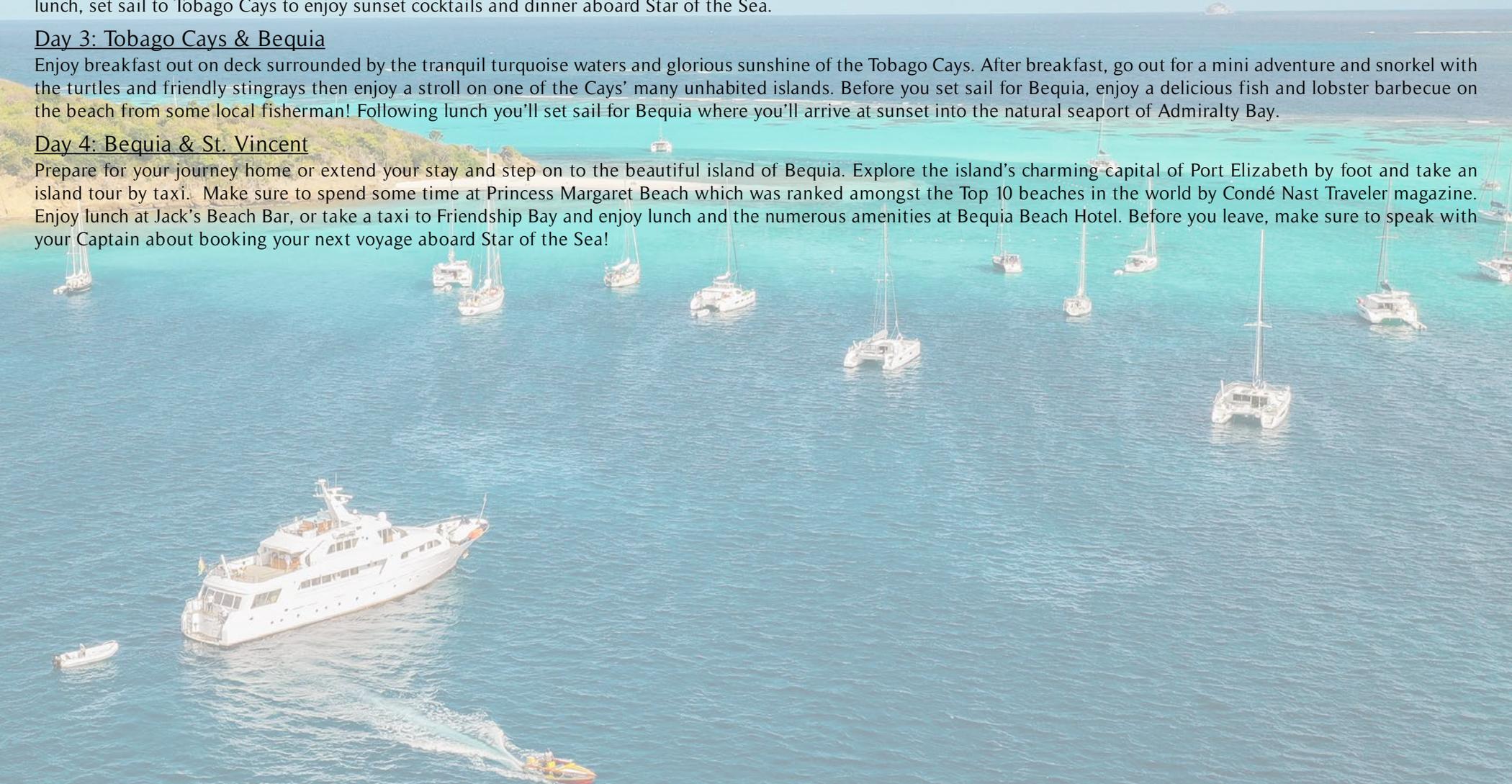
Following a short sail from St. Vincent to Mustique, anchor in Britannia Bay and visit world-renowned "Basil's Bar" then go for a relaxing stroll on Macaroni Beach. Following lunch, set sail to Tobago Cays to enjoy sunset cocktails and dinner aboard Star of the Sea.

## Day 3: Tobago Cays & Bequia

Enjoy breakfast out on deck surrounded by the tranquil turquoise waters and glorious sunshine of the Tobago Cays. After breakfast, go out for a mini adventure and snorkel with the turtles and friendly stingrays then enjoy a stroll on one of the Cays' many uninhabited islands. Before you set sail for Bequia, enjoy a delicious fish and lobster barbecue on the beach from some local fisherman! Following lunch you'll set sail for Bequia where you'll arrive at sunset into the natural seaport of Admiralty Bay.

## Day 4: Bequia & St. Vincent

Prepare for your journey home or extend your stay and step on to the beautiful island of Bequia. Explore the island's charming capital of Port Elizabeth by foot and take an island tour by taxi. Make sure to spend some time at Princess Margaret Beach which was ranked amongst the Top 10 beaches in the world by Condé Nast Traveler magazine. Enjoy lunch at Jack's Beach Bar, or take a taxi to Friendship Bay and enjoy lunch and the numerous amenities at Bequia Beach Hotel. Before you leave, make sure to speak with your Captain about booking your next voyage aboard Star of the Sea!



# Proposed 7-Day Itinerary

## Day 1: St. Lucia

Fly into St. Lucia, then take a scenic drive through banana plantations to the port of Marigot Bay, where your crew will welcome you on board Star of the Sea. Unwind after your travels with refreshments, and anchor in a secluded area outside of the bay to enjoy a rejuvenating swim in clear Caribbean waters.

## Day 2: St. Lucia & St. Vincent

Following breakfast on board, sail past the iconic Pitons to the Windward side of St. Vincent where you will be absolutely breath taken by the lush green landscape from the foot of La Soufriere, one of the few active volcano in the Windward islands. Enjoy some time sun bathing on the black sand beaches or go for a dive to explore some of the world's most beautiful and rarely ventured coral reefs.

## Day 3: St. Vincent & Bequia

After a delicious breakfast aboard and a short sail, explore Bequia's charming capital of Port Elizabeth. Dinghy over to Bequia's beautiful beaches and tour the natural sea-port by foot via the Belmont Walkway and continue to the Princess Margaret Trail to the end of Princess Margaret Beach, named amongst the Top 10 beaches in the world by Condé Nast Traveler magazine. Sample drinks at Jack's Beach Bar, then take a taxi over to Bequia Beach Hotel and enjoy lunch, a trip to the spa, pool access, and use of non-motorized water sports.

## Day 4: Bequia & Mustique

Preceding breakfast Star of the Sea will set sail to Mustique. Anchor in Britannia Bay and enjoy lunch at Cotton House then go for a relaxing stroll on Macaroni Beach. Check out Basil's Bar after dinner for some local entertainment to keep you grooving into the wee hours of the breezy Caribbean night.

## Day 5: Mustique & Tobago Cays

After a relaxing breakfast, sail to the beautiful Tobago Cays Marine Park which offers some of the best snorkeling waters in the world. Swim with turtles, friendly reef sharks, and rays as you explore the many reefs of the Cays. Then, head into the bush and get to know some neighborly iguanas on one of the small uninhabited islands of the Cays. Sunbathe and walk along the white sand beaches as you wait for your fresh lobster to be prepared on the grill at the local beach BBQ joint. As the sun goes down and with a cocktail in hand, look for the green flash that appears in the sky just before the sun dips below the horizon. You'll spend the night at anchor and have breakfast aboard before setting sail for Petit St. Vincent.

## Day 6: Tobago Cays & Petit St. Vincent

A short sail away you'll find yourself at Petit St. Vincent –called PSV by its regulars– with a formidable reputation as one of the best private islands in the world. The outside world is all but nonexistent here while at anchor in the bay. Take a ride ashore to soak up the rays on the pristine white sand beach or enjoy a meal at one of the hotel's two restaurants.

## Day 7: Petit St. Vincent & Grenada

Further south is the final destination of your trip - Grenada. Book a guided tour of the "Isle of Spice" and visit the local chocolate factory as well as the old fashioned rum distillery that still uses Victorian era technologies and methods. After a once in a life time rum tasting, spend the afternoon strolling along Grand Anse beach or aboard the yacht soaking up your last days of paradise. If time permits, snorkel or dive the underwater sculpture garden and cross one of the world's best dive sites off your bucket list.

## Day 8: Grenada

Prepare for your journey home and savor the last bits of sunshine and sea prior to your departure. Before you leave, make sure to speak with the Captain about booking your next voyage aboard Star of the Sea!

# The Grenadines

## St. Vincent & Young Island

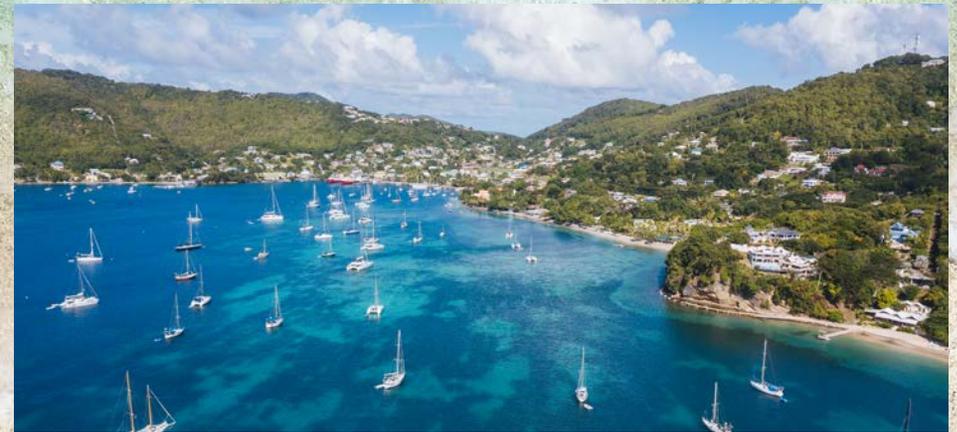
Also referred to as 'Mainland' St. Vincent is the largest of the Grenadines with a total population of 110,000 and measuring 150 square miles. Home to the oldest botanical garden in the western hemisphere, Kingstown offers guests a Caribbean experience reminiscent of idyllic island life: lively fruit and veg markets, lavish unexplored jungle, and fresh seafood cookouts washed down with a cold Hairoun beer. Indulge your senses and visit the Vincentian Chocolate Factory followed by a trip to the St. Vincent Distillery to taste some of the best rums in the entire Caribbean. St. Vincent is still relatively untouched by mass tourism and remains a wonderful place to get away from it all and soak up some true Caribbean culture.



Photo courtesy of Young Island Resort

## Bequia

Bequia (pronounced beck-way) maintains its rich history deeply entwined with the sea and the age-old traditions of boat building, fishing, and whaling. On any given day, you'll find locals under the shade of swaying palm trees busily building anything from traditional fishing boats to high tech sport boats capable of toping speeds well over 10 knots. Admiralty Bay is one of the Caribbean's most protected natural harbours. It's surrounded by steep hills dotted with brightly painted homes and always full of yachts of varying sizes. Port Elizabeth, Bequia's capital, is filled with colourful wooden buildings, chickens strutting on the wall of the Anglican Georgian church, and a good bookshop. A scenic waterside path, the Belmont Walkway, runs past a string of bars, restaurants, and shops that retain their local integrity and enough golden sand and blue water to keep everybody blissful.



## Mustique

This tropical oasis measures just 2.2 square miles making it one of the world's most secluded getaways. It's no wonder that Mick Jagger and Tommy Hilfiger favor it as a holiday destination. Once reserved for royals, Mustique has opened its white sandy beaches to the public, and is now one of the most coveted and exclusive travel destinations worldwide. The island and its architecture became recognizable with international editors as a creative resource, featured repeatedly in social, fashion, and design magazines around the world. This attracted a new generation, and Mustique subsequently started to enjoy a "renaissance amongst the young" with a return to the wild hedonistic parties of its early years, yet still remaining a family-friendly environment.



Photo courtesy of Basil's Bar Mustique

# The Grenadines

## Canouan

Canouan (pronounced can-o-wan), is where the billionaires go to get away from the millionaires! Home to the longest airport runway in the Grenadines, Canouan hosts a championship golf course, one of the world's most luxurious villa communities, multiple high-end resorts, a marina, and four of the most pristine beaches in the Caribbean. Canouan is also a hub for yacht charters and diving expeditions to the Tobago Cays. Mt. Royal, the highest point on the island at 900 feet, offers panoramic 360-degree views of St. Vincent, all the Grenadines, and even St. Lucia on a clear day.



Photo courtesy of Tamarind Beach Hotel

## Tobago Cays

The Tobago Cays are a group of five small uninhabited islands protected from the sea by Horseshoe Reef. If Petit Tabac looks familiar, it's actually where Johnny Depp and Keira Knightley were stranded in the first "Pirates Of The Caribbean" movie. It is said that Johnny etched his name into one of the trees...however the famous palm has yet to be found. Petit Rameau boasts a beautiful white sand beach with palms. On one side there are also some tables where locals serve freshly caught fish and lobsters. If this is not enough, you can walk among cactuses up to the top of the small hill at the center of the island: from here you have a fantastic view over the Tobago Cays Marine Park. However, the true beauty of the Cays lies under the surface. Snorkel alongside green turtles, sting rays, reef sharks, vibrant fish and jumbo star fish. After a day of adventure enjoy a rum punch as the sun sets and reveals a sky full of more stars than you've ever imagined.



## Mayreau

Blessed with breathtaking beauty yet very little development, the compact palm-covered island of Mayreau is the authentic Grenadines dream with only a handful of vehicles, no airport and about 400 residents stretched across the 1/2 square mile island. The Mayreau Gardens and Purini dive sites are popular amongst divers and offer views of wrecks and reef. You can also enjoy a hiking adventure, via the island's only road taking you from Saltwhistle Bay in the north to Saline Bay in the South. Be sure to stop at the historic Catholic Church, at the top of Old Wall where you will have breathtaking views of the Tobago Cays, then stop for a drink at Dennis' Hideaway. The island is so small you can't help get to know the friendly locals who are famed throughout the Grenadines for their hard-partying ways. It's said that tiny Mayreau's weekly beer order is more than twice that of Union Island, its far bigger neighbor!



# The Grenadines

## Palm Island

This 135-acre private island caters to discerning travelers who seek an unspoiled paradise retreat. Palm Island (originally known as Prune Island) was leased in 1966 for 99 years by Americans, John and Mary Caldwell, from the St. Vincent and the Grenadines government for \$1 USD/year. In 1999, the hotel was purchased by the current owners, James Lane, an Englishman, and Rob Barrett, an American. Extensive renovations followed to create forty-one luxurious rooms and suites, a sumptuous Spa and beautiful facilities. Many of the hotel's amenities can only be enjoyed by guests, however day passes are available for purchase which include spa treatments and a meal at one of the island's restaurants. With stunning natural beauty and abundant sea life, taking a tour of Palm Island is a must.



Photo courtesy of Five Star Alliance

## Union Island

Union Island is a Caribbean oasis and kite surfer's paradise. With some of the most consistent winds in the Caribbean throughout its peak season, there will be plenty of water time to enjoy the plush surroundings and serene flat water kiting. The main hub of Clifton, is a bustling colorful town with an excellent selection of restaurants and bars with an unpretentious charm giving it a more local feel than some of the towns on the Grenadine islands. Further north, you can easily spend a day wandering its short main street and exploring hiking trails on the surrounding hills.



Photo courtesy of JT Procenter Surfing School

## Petit St. Vincent

It's not called petit for nothing – this island is the smallest and southernmost in the Grenadines chain. A paisley of green amid swirls of turquoise seas, Petit St. Vincent is a 115-acre volcanic island fringed with pristine beaches. Its 22 spacious villas and cottages are discreetly tucked into the hillside or along the shore, and you're likely to forget that there are other people on this island unless you seek them out. Sequestered and exclusive, PSV has a formidable reputation as one of the best private islands in the world. The outside world is all but nonexistent here while at anchor in the bay. Take a ride ashore to soak up the rays on the pristine white sand beach or enjoy a meal at one of the hotel's two world-class restaurants. PSV is an island getaway that takes "getaway" very seriously.



# The Windward Islands

## Martinique

Formerly known as 'Mardinina'- Island of Flowers- Martinique is the largest of the windward islands. A mountainous stunner crowned by the still- smoldering Mont Pelée, the volcano that wiped out the former capital of St-Pierre in 1902. Its largest town, Fort-de-France, features steep hills, narrow streets and La Savane, a garden bordered by shops and cafes. In the garden is a statue of island native Joséphine de Beauharnais, first wife of Napoleon Bonaparte. As an overseas region of France, Martinique is a cosmopolitan and sophisticated island that boasts stunning beaches, superb hiking, top-notch culinary experiences, and rich cultural life.



## St. Lucia

Tropical rainforest covers the steep slopes of St. Lucia's center and gives way to cultivated agricultural land around the more moderately sloping coastal fringe. Noted for its copious amount of small and luxurious resorts that drip color and flair, St. Lucia is really two islands in one. Rodney Bay in the north offers lazy days and modern comforts amid a beautiful bay. In the south, Soufrière is at the heart of a gorgeous region of old plantations, hidden beaches, lush canopies perfect for ziplining and the impossibly photogenic Pitons.



## Grenada

It's not called the Spice Island for nothing – you really can smell the nutmeg in the air on Grenada. Crisscrossed by nature trails, the lush island of Grenada has 45 beaches, countless secluded coves, and nature preserves laced with spice plantations. Vibrant hues of red, yellow, and green characterize the city of St. George's harbor (arguably the most beautiful in the Caribbean). Spend an afternoon strolling down Grand Anse beach with the waves lapping on the sand as the sun sets on the horizon. Or get lost in the aroma of nutmeg and vanilla that wafts through Market Square. Go waterfall chasing all across the island then reward yourself by sampling the River Antoine Distillery's 150-proof rum. Grenada isn't just meant to be seen; it's meant to be savored.



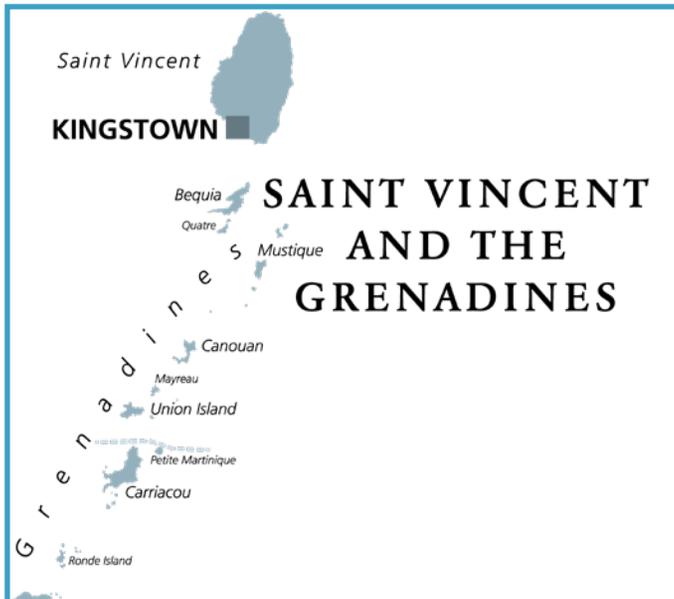
# The Windward Islands Cruising Time

MARTINIQUE  
(FRANCE)

FORT-DE-FRANCE

CASTRIES

SAINT LUCIA



ST. GEORGE'S

GRENADA



## Approximate Cruising Times

- Le Marin, Martinique to Rodney Bay, St. Lucia: 3.5 hours
- Rodney Bay, St. Lucia to Chateaubelair, St. Vincent: 4.5 hours
- Chateaubelair, St. Vincent to Young Island: 2 hours
- Young Island to Friendship Bay, Bequia: 1.5 hours
- Friendship Bay, Bequia to Britannia Bay, Mustique: 1.5 hours
- Britannia Bay, Mustique to Charlestown Bay, Canouan: 2.5 hours
- Charlestown Bay, Canouan to Tobago Cay Marine Park: 1 hour
- Tobago Cays Marine Park to Saline Bay, Mayreau: 30 minutes
- Saline Bay, Mayreau to Palm Island: 30 minutes
- Palm Island to Clifton, Union Island: 30 minutes
- Union Island to Petit St Vincent: 30 minutes
- Petit St Vincent to St. George's Grenada: 4.5 hours



# *In the Grenadines*

You will never make it back home the same

